

MOVE! Dealing with Boredom

So, you think you may be hungry, although you just finished eating not too long ago. Instead, try some of these suggestions. They are a calorie-free response to what many of us experience - eating out of boredom.



- Go for a walk outside
- Put on some fun music and dance for a half-hour without stopping
- Put on an exercise tape and work out!
- Try some breathing exercises...it helps to relax
- Read a good book, visit your local library
- Pick up the latest fitness magazine and cut out some exercises and low-fat recipes to try
- Call on old friend for a chat
- Take up a hobby
- Walk the dog
- Mow your lawn
- Vacuum the carpet